

Be an All★Star



Breakfast gives me energy to go and grow. I am a breakfast all-star and you can be one, too!

Funnies

Q: Why did the cook get arrested?

Fruit Sundae (serves 4)

Try this flavorful snack at home!

You need:
2 cups of your favorite fruit;
1 cup (8 oz.) plain or lowfat vanilla yogurt;
2 cups ready-to-eat cereal;
4 large glasses or paper cups.

Wash fresh fruit (i.e., remove seeds and pits), drain canned fruit or thaw frozen fruit.

Place 2 tbsp. of fruit in the bottom of the cup. Spoon 2 tbsp. yogurt on top of the fruit layer.

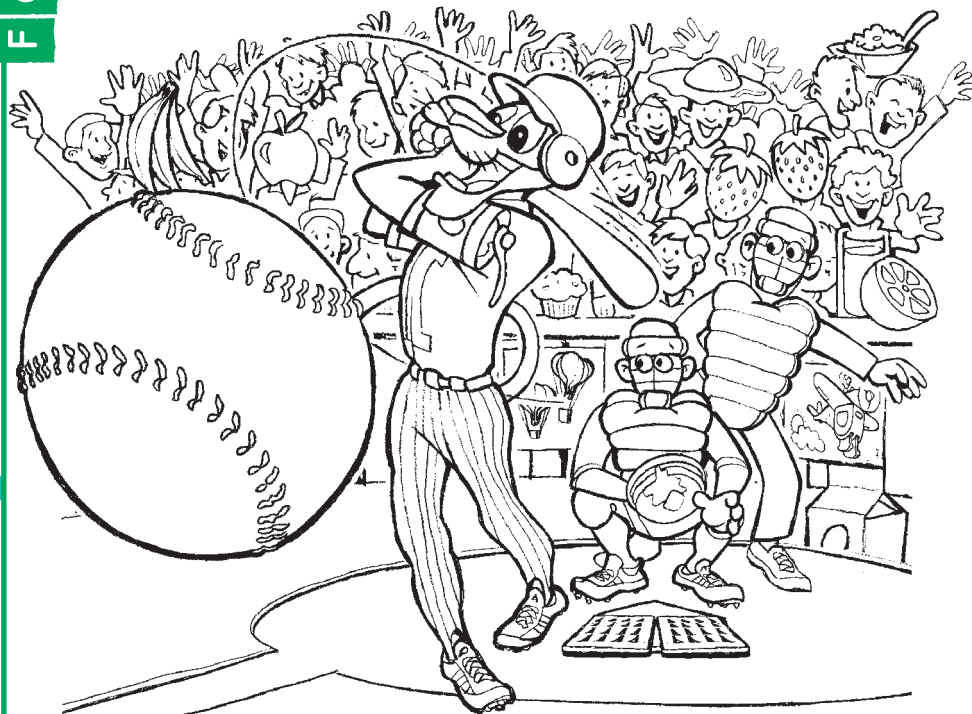
Spoon 2 tbsp. cereal on top of the yogurt. Repeat twice.

This will make three layers of each ingredient. Enjoy with your family & friends.

tip: Grab fresh or dried fruit, a bagel, a hard-cooked egg, or low-fat yogurt to eat on the way to school or play.

FOOD FIND

Power Panther™ has a big game today and needs your help to find his breakfast foods! Use your detective skills to find the hidden foods in the baseball park that are listed below:



YOGURT
STRAWBERRIES
MILK
OATMEAL

BANANAS
FIGS
EGG
APPLE
WAFFLES

ORANGE JUICE
MUFFIN
PANCAKES
WHOLE WHEAT TOAST